



# SENIOR HAPPY'NINGS

MARCH/APRIL 2017

SCITUATE COA

27 BROOK ST

SCITUATE, MA 02066

781-545-8722

## Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

### COA STAFF

**Director** - Linda Hayes, x15  
[lhayes@scituatemema.gov](mailto:lhayes@scituatemema.gov)

**Administrative Assistant**  
Jill Johnston, x10  
[jjohnston@scituatemema.gov](mailto:jjohnston@scituatemema.gov)

**Transportation Coordinator**  
Jean Sullivan, x17  
[jean.sullivan@scituatemema.gov](mailto:jean.sullivan@scituatemema.gov)

**Van Drivers:** Mary Brown,  
Jay Brien, John White  
Stephen Saunders

**Outreach Coordinator**  
Jenny Gerbis, x14  
[jgerbis@scituatemema.gov](mailto:jgerbis@scituatemema.gov)

**Activities & Volunteer Coordinator**  
Lisa Thornton, x12  
[lthornton@scituatemema.gov](mailto:lthornton@scituatemema.gov)

**Manager of Social Services**  
Laura Minier  
[lminier@scituatemema.gov](mailto:lminier@scituatemema.gov)

### COA BOARD

John D. Miller, Chair  
Dr. Gordon Price, Vice  
Audrey Reidy  
Dale Balog  
Lucille Sorrentino  
Janice Lindblom, Secretary  
Helen Jablonski  
Leslie James  
Janice Desmond  
**Selectman Liaison**  
Marty O'Toole

### *From the Director—*

*“Let brotherly love continue. Do not neglect hospitality, for through it some have unknowingly entertained angels.” Hebrews 13*

As you read this newsletter, we will have aired our first episode of *Seniorities*, our new cable television program addressing the many aspects of aging in Scituate and promoting the activities and services of the Council on Aging and Senior Center in our community. Our first program is an introduction to the COA – what we do, why and how we do it, and the staff that makes it all possible. With each new episode, we will bring in the staff person, town personnel or relevant resource to talk in more detail about their individual area of importance to seniors. This should give people at home and in the community a better idea of our role and also the valuable resources and programs that are available and may be of interest to them.

As spring arrives, which it luckily always does, keep in mind that we want to be a *home away from home* for many of our older adults as well as to engage a variety of people in intergenerational activities that promote *friendly* aging – a wonderful example is the group involved with our weekly pickle-ball program. It is inspiring to have a wide range of ages learning from each other and enjoying an active game, and all realizing that people's view of an age barrier has been greatly exaggerated! You could take advantage of our 3<sup>rd</sup> Dinner and Game Night with students from the high school Interact Club – a nice opportunity to have some old-fashioned fun while also appreciating the social and caring natures of our younger population. Our new *Friendly Visitor Program* is getting off the ground, so if you are interested in becoming a visitor for someone who has limited ability to get out and socialize, or you would like to receive a social visit one hour/week, please call and let us know – we are eager to offer this new opportunity for our home-bound to enjoy the company of caring volunteers. We also have a special event planned for Friday evening, March 10. Thanks to the generosity of the Cultural Council as well as The River Club, this *Evening of Irish Music and Song* is intended to draw the community together for social interaction and to share this cultural entertainment along with a meal and to honor and celebrate our seniors with friends and neighbors. Knowing how appreciated even a small gesture of kindness and compassion can be to someone, let's continue the good work together. ♥ Linda

### SENIOR CENTER

#### HOURS OF OPERATION:

**Monday through Thursday**  
**8:30 AM to 4:30 PM**

**Friday 8:30 AM to 3:00 PM**

***Please join the Scituate Council on Aging for this special St. Patrick's Day event***  
**An Evening of Irish Music and Song at The River Club**

Featuring Irish music by *Rose Clancy, Bob Dunlap and Kathie Taylor*  
Friday, March 10 @ 6:00-8:00 pm



Buffet dinner courtesy of The River Club; Cash Bar  
Entertainment funded by Scituate Cultural Council

***Tickets \$7 at the Senior Center; also at Goodies or Hennessey News***



## Cultural/Social ... Trips and more

### COA CULTURAL/SOCIAL TRIPS:

March 24: The March 24th (Scituate COA) **Boston Flower Show** trip is booked! If you would like to attend, Norwell COA may be able to accommodate. Please call for details.

March 26 @ 3pm: **Pianist Lois Shapiro** at The James Library & Center for the Arts is offering a handful of free tickets to seniors. First Come First Serve. \$10 deposit for free ticket, which will be refunded if you attend this performance.

April 2 @ 3pm: **Sister Act** presented by The Company Theatre, Norwell, MA - Sunday Matinee. We will have a block of tickets reserved for the SCOA. Max 15 people. \$41/senior, payable at the senior center. Van transportation is available for \$5. Reservation is required by March 10th!



April 28 @ 8:45am: "Gateway to Spring: Daffodils on Display @ Blithewold Estate A 33-acre summer estate with grand views of Narragansett Bay in Bristol, RI. This is a full day walking trip of the estate gardens and mansion. \$42 includes garden tour, mansion tour and tea @ 1pm. Sign up with payment required by April 7th.

### ALL INCLUSIVE DAY TRIPS w/ Joanne Tours

The following trips are planned with **Joanne Tours** in collaboration with Cohasset COA! Flyers with details are posted at the COA. These are full day trips which include luxury coach transportation, a full meal and event ticket and more! All trips \$85. Reservations with payment are being accepted for these 3 trips:

June 22, 2017 Solid Gold—"Tribute to the Fifties"  
Sept 21, 2017 The Spirit of Johnny Cash  
Oct 12, 2017 Lake Winnepesaukee Turkey Dinner

May 17 Shopping Trip to Wegman's, Westwood, MA  
May 31 Museum of Fine Arts, Boston, MA  
June 12 Tower Hill Botanical Gardens, Boylston, MA

**SAVE  
THE  
DATE**

PLEASE NOTE FOR ALL TICKETED ACTIVITIES & TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list.

## Transportation ... local and out-of-town

Price change starting March 1, 2017



10 Ride Pass for \$10.00 or \$1.25 each way \$2.50 round trip  
Monthly COMBO Price (Out of Town and Local rides) \$25.00/mo.



**SNOW POLICY:** *If schools in Scituate are closed due to inclement weather, then the Senior Center vans will not be running for any purpose. Activities at the Senior Center will be cancelled if it is considered unsafe for travel or if the town offices are closed, including the Senior Center. If your pathway to the van is not cleared to allow safe passage, the Driver cannot pick you up.*



**Out-of-town Medical Rides.** Reservations for rides should be made at least 5 days in advance and appointments must be between 10:15am – 1:15pm. If an appointment ends after 1:00 return time may be as late as 5:00pm. We schedule these rides through South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans from Plymouth. Suggested donation is \$5.00 round trip to be sent to the COA - Transportation.

**Local Rides in Scituate.** Reservations for local rides should be made at least 2 days in advance. Our Scituate Council on Aging vans are available for any local ride within Scituate, including appointments, the Senior Center for activities, the library, shopping, hair dresser, etc. Our Van runs on a schedule during COA hours. The fee is now \$1.25 per ride or \$2.50/round-trip. Van passes are now available at a cost of \$10.00 for 10 one-way trips saving .25 cents each way.

We have REGULAR van trips to the following locations with 2 DAYS advance sign-ups, as follows:

**Every TUESDAY @ 9:00—9:45am to SHAWS Supermarket in Cohasset**

**2nd/4th WEDNESDAY @ 10:00—11:30am to HANOVER MALL / TRADER JOE'S**

**Every THURSDAY @ 9:00—10:00am to various locations in SCITUATE HARBOR**

**Transportation Coordinator — Jean Sullivan will schedule your requests for COA van transportation in Scituate or out-of-town Medical rides and answer your questions at 781-545-8722, ext. 17.**

*When making medical appointments, we need your appointment date, time, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your ride. When possible, please try to determine the length of your appointment for scheduling the return trip.*

## Programs and Events

### W E D N E S D A Y M o r n i n g C a f é T a l k s

Information, social opportunity, and refreshments.



**Call 781-545-8722 to register**

**Wed, March 8 @ 10:30 AM**  
**Housing Development**

Hear from Michael Cucchiara of Grantham Group, a private developer of affordable senior housing/apartments working with the Housing Authority and Community Preservation Committee on new units behind the current Central Park housing complex. He would like to educate and inform our constituents before the proposal goes to Town Meeting in April on this project geared toward low to moderate income seniors 62 and over.

**Wed, March 15 @ 10:30 AM**  
**Caregiver Support Services Presentation**

Barbie Rugg, South Shore Elder Services Support and Respite Programs for Caregivers to present. Barbie is a co-facilitator of the Caregiver Support Group and has many years' experience serving Scituate's community. She can help with resources for both the care client and caregiver and brings her extensive knowledge and understanding to many of the services available to us through SSES.

**Wed, March 29 @ 10:30**  
**Pre-Need Planning Presentation**

"Your life – Your legacy" presented by Richardson Gaffey Funeral Home. Plan to make it right.

Hear from the Director of Advance Planning regarding questions and considerations in planning for you or a loved one's end of life. Hear how to alleviate some of the financial and emotional burdens of planning a funeral and other benefits, as well as information to prepare you for assisting aging family members, planning your own service in advance, or responding to an unexpected death.

**Wed, April 12 @ 9:00am**  
**NEW Trail Walking Group—Initial planning meeting**

Calling all adventurers! Read details on Page 9.

**Wed, April 12 @ 10:30 AM**  
**Reverse Mortgages**

David Tourtillott, CRMP® from Homestead Mortgage. David will be discussing the pros & cons of the Federally Insured Reverse Mortgage Program and how to use a Reverse Mortgage to age in place or to purchase a new home to downsize or rightsize into. Dunkin Donuts Coffee provided.

**Wed, April 26 @ 10:30am**  
**Balance Presentation/Assessment**

Jeanne Spillane and Nancy McDonald from Baystate Physical Therapy will come for a discussion of factors and strategies that contribute to better balance as we age and will offer individual assessments for those concerned or seeking to understand their own balance risks.

We kindly ask if you are NOT able to attend an appointment/event you have signed up for to please call to let us know. We have professionals who volunteer their valuable time and we often have a waiting list for others who would like to attend. Thank you!

**Lifelong Learning Class** Wednesdays 1—2:30pm  
offered by BOB JACKMAN

**Scituate's 19th Century Sailing Tradition**

Begins **March 8** for 6 weeks, \$20. Sign-up Required.  
Flyer available at the Senior Center.

**MEN'S BREAKFAST in March & May, LUNCH in April (all Red Sox fans welcome!)**

**9:00AM, March 6—Adrienne Rowles, Raymond James**, Wealth Advisor and host of Financial Freedom on 95.9 WATD, specializes in conservative investments and creating fixed income portfolios. This open and interactive discussion will be held at the Senior Center (Widow's Walk Golf Pub closed). Breakfast will be served. \$5/pp

**1:00PM, April 3—Red Sox Opening Day (@ Fenway) @ the COA!** Join us for lunch and stay for the game at 2:05pm. Enjoy hot dogs, soda, chips and an ice cream! To be held at the Senior Center for viewing the game on our 65" flat screen TV with surround sound. \$3/pp



**9:00AM, May 1—Joby Norton, Mullaney's Harborside Fish Market** will be here to present today's current information on the local fishing industry in Scituate and how it's been changing. He will talk about how he works with fisherman and lobsterman and his connection with Town of Scituate and the harbor. To be held at Widow's Walk Golf Pub. \$8/pp



## Once a Month ... Support and Services

### CAREGIVER SUPPORT GROUP (DAYTIME)

#### SCITUATE COA Support Group

**3rd Wednesday** at 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-378-1653

### OTHER AREA SUPPORT GROUPS—MONTHLY

#### EVENING CAREGIVER DISCUSSION GROUPS

- ⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.
- ⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### DAYTIME CAREGIVER DISCUSSION GROUPS

- ⇒ **First Tuesday** at 2:00-3:00pm at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730
- ⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### VISION SUPPORT GROUP

- ⇒ **Third Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** Call the Senior Center for more support group information.

#### **BLOOD PRESSURE CHECK!** **3rd Wednesday**

Town nurse, Eileen Scotti

@ the Senior Center monthly on Wed.- 10:30-11:30 AM.

BP screening, B12 shots with prescription and can answer health questions—no appointment or co-pay!

#### FREE HEALTH SCREENING CLINICS: **Weds- 10:00 AM**

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK =-Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

### PROFESSIONAL MEETINGS



#### **LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS** **2nd Friday**

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Make an appointment and meet with **Elaine Buonicino, Independent Insurance Agent** to review your existing Life Insurance Policy (ies) or Long Term Care Policy. Elaine is able to inform and advise seniors on these matters. Complimentary appointments are available monthly between 9-11am Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10

#### **ASK A LAWYER** **3rd Friday**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service. **Call 781-545-8722 for a morning appointment.**

#### **MEET YOUR REPRESENTATIVE** **4th Friday**

**Rep. Jim Cantwell** meets at the Senior Center each month. If you have questions or concerns to discuss, *please call 781-545-8722 to confirm the next date and schedule an appointment.* Meetings— approx. 30 mins.

#### **FINANCIAL SERVICES** **1st Monday**

*Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Call the Senior Center to be referred for an appointment in their local Scituate offices.***

**Deborah Flanagan**, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

**Call for an appt.**

**Adrienne Rowles**, Wealth Advisor of Raymond James Financial Services. If you are looking for predictable income and safety of your investments, she is available for a FREE 30 minute appointment.


#### **DISCUSSION GROUP** **Bi-monthly Friday**

**"Women, Men & Wall Street"** - Discussion, Q&A, and helpful info on finance and current trends. Anything goes. *Facilitated by Adrienne Rowles, Wealth Advisor with Raymond James Financial and host of Financial Freedom on 95.9 WATD.* Held at senior center.

*Next meeting: **April 14 @ 9:00 am.***



# MARCH 2017

Mon	Tue	Wed	Thu	Fri
<p><b>Key:</b></p> <ul style="list-style-type: none"> <li>● At St. Luke's Church</li> <li>■ At St. Mary's Parish Center</li> <li>◆ At Jenkins School</li> </ul> <p>Other classes at the Senior Center</p>	<p><b>Food Pantry Hours</b>    <b>Every Tuesday:</b>  <b>10 AM - 12:45 PM and</b>  <b>Last Tuesday of month:</b>  <b>6:00 PM - 8:00 PM</b></p>			
9:00 Men's Breakfast 9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4 Life ● 12:30 Painting Class 4:00 Pickle-ball ◆	9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi ■	7:30 Yoga ● 10:00 BP - Wheeler Park 10:30 Coloring 1:00 History Class 1:15 Zumba ● 4:00 Pickle-ball ◆ 4:30 Meditation 6:00 Badminton ◆	10:30 Chair Yoga ● 11:15 Balance 4 Life ● 1:00 Cardio ● 1:00 Knitting 4:00 Painting Class	7:30 Yoga ● 9:30 Joint Efforts 11:30 Bridge 11:30 Laughter Yoga ●
6	7	1	2	3
9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4 Life ● 12:30 Painting Class 4:00 Pickle-ball ◆	9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi ■	7:30 Yoga ● 9:00 Hanover Mall 10:00 BP - Central Park 10:30 Café Talk-Housing Development 1:00 History Class 1:15 Zumba ● 3:00 Tech Time 4:00 Pickle-ball ◆	10:30 Chair Yoga ● 11:15 Balance 4 Life ● 1:00 Cardio ● 1:00 Knitting <b>5:30 COA Board Meeting</b>	7:30 Yoga ● 9:00 Life Insurance 9:30 Joint Efforts 12:00 Friday Flx 7:00pm Evening of Irish Music @ The River Club \$7 advance
13	14	8	9	10
9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4 Life ● 12:30 Painting Class 4:00 Pickle-ball ◆	9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi ■	7:30 Yoga ● 10:30 Café Talk--SSES Caregiver 10:30 Blood Pressure Check--Sr Ctr 12:00 Caregivers Support 1:00 History 1:15 Zumba ● 4:00 Pickle-ball ◆ 4:30 Meditation	9:00 iPad Photo Class 10:30 Chair Yoga ● 11:15 Balance 4 Life ● 1:00 Cardio ● 1:00 Knitting 4:00 Painting Class	7:30 Yoga ● 9:00 Ask a Lawyer 9:30 Joint Effort 11:30 Bridge 11:30 Laughter Yoga ●
20	21	15	16	17
9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4 Life ● 12:30 Painting Class 4:00 Pickle-ball ◆	9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi ■	7:30 Yoga ● 9:00 Hanover Mall 10:00 BP - Lincoln Park 1:00 History Class 1:15 Zumba ● 4:00 Pickle-ball ◆ 6:00 Badminton ◆	10:30 Chair Yoga ● 11:15 Balance 4 Life ● 1:00 Cardio ● 1:00 Knitting 4:00 Painting Class	7:30 Yoga ● 9:00 Rep Cantwell 9:30 Joint Efforts 12:00 Friday Flx
27	28	22	23	24
9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● <b>10:30 Book Club</b> 11:30 Balance 4 Life ● 12:30 Painting Class 4:00 Pickle-ball ◆	9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi ■	7:30 Yoga ● 10:30 Café Talk-Richardson Gaffey 1:00 History Class 1:15 Zumba ● 4:00 Pickle-ball ◆ 6:00 Badminton ◆	10:30 Chair Yoga ● 11:15 Balance 4 Life ● 1:00 Cardio ● 1:00 Knitting 4:00 Painting Class	7:30 Yoga ● 9:30 Joint Efforts
28	29	29	30	31



# APRIL 2017

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 10:30 Painting Class 11:30 Balance 4Life ● <b>1:45 Red Sox Opening Day</b>	<b>4</b> 9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 Scrabble 1:30 Tai Chi ■	<b>5</b> 7:30 Yoga ● 9:15 Zumba ● 10:00 BP – Wheeler Park 1:00 History Class 4:00 Pickleball ♦ 6:00 Badminton ♦	<b>6</b> 10:00 Writing Memoirs 10:30 Chair Yoga ● 11:15 Balance 4 Life ● 11:30 Expressive Writing 1:00 Cardio ● 1:00 Knitting 4:00 Painting Class	<b>7</b> 7:30 Yoga ● 9:30 Joint Efforts 11:30 Laughter Yoga ● 11:30 Bridge
<b>10</b> 9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 11:30 Balance 4Life ● 12:30 Painting Class 4:00 Pickle-ball ♦	<b>11</b> 9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 Scrabble 1:30 Tai Chi ■	<b>12</b> 7:30 Yoga 9:00 Hanover/Trader Joe's 9:15 Zumba ● 10:00 BP-Central Park 10:30 Café Talk – Rev Mortgage 1:00 History Class 4:00 Pickleball ♦ 4:30 Meditation 6:00 Badminton ♦	<b>13</b> 10:00 Writing Memoirs 10:30 Chair Yoga ● 11:15 Balance 4 Life ● 11:30 Expressive Writing 1:00 Cardio ● 1:00 Knitting <b>5:30 COA Board</b>	<b>14</b> 7:30 Yoga ● 9:00 Life Insurance 9:30 Joint Efforts 12:00 Friday Flix
<b>17</b> <b>Holiday Offices Closed</b>	<b>18</b> 9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 iPad Training 1:30 Tai Chi ■	<b>19</b> 7:30 Yoga* 9:15 Zumba ● 10:30 Blood Pressure Check–SC 12:00 Caregivers Support 4:00 Pickleball ♦ 6:00 Badminton ♦	<b>20</b> 10:00 Writing Memoirs 10:30 Chair Yoga ● 11:15 Balance 4 Life ● 11:30 Expressive Writing 1:00 Cardio ● 1:00 Knitting 4:00 Painting Class	<b>21</b> 7:30 Yoga ● 9:00 Ask a Lawyer 9:30 Joint Efforts 11:30 Laughter Yoga ● 11:30 Bridge
<b>24</b> 9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 10:30 Book Club 11:30 Balance 4Life ● 12:30 Painting Class 4:00 Pickle-ball ♦	<b>25</b> 9:00 Shaws 9:00 Cardio 10:30 Mah Jongg 1:00 Scrabble 1:30 Tai Chi ■	<b>26</b> 7:30 Yoga ● 9:00 Hanover/Trader Joe's 9:15 Zumba ● 10:00 BP-Lincoln 10:30 Café Talk 4:00 Pickleball ♦ 4:30 Meditation 6:00 Badminton ♦	<b>27</b> 10:00 Writing Memoirs 10:30 Chair Yoga ● 11:15 Balance 4 Life ● 11:30 Expressive Writing 1:00 Cardio ● 1:00 Knitting 4:00 Painting Class	<b>28</b> 7:30 Yoga ● 9:00 Rep Cantwell 9:30 Joint Efforts 12:00 Friday Flix
<b>May 1</b> <b>9:00 Men's Breakfast</b> <b>Mullaney's Fish Market</b> <b>presenting</b>	<b>*New time for Zumba Gold</b> <b>9:15AM on Wednesdays at</b> <b>St Luke's. Start your day off</b> <b>with FUN!</b>	<b>Key:</b> ● At St. Luke's Church ■ At St. Mary's Parish Center ♦ At Jenkins School Other classes at Senior Center	<b>Saturday, April 1</b> <b>Friends of Scituate Seniors fundraising Spaghetti Supper</b> <b>5:00 PM — \$8</b> <b>Entertainment by Al Fricker - Raffle Items</b> <b>@ Congregational Church, 381 Country Way.</b>	

## Social Services & Outreach

Did you know we offer a **Friendly Visitor Program**? If you are interested in being a visitor or you would like to receive a social visit one hour/week, please call 545-8722 to learn more details.



### **Meals MONDAY, WEDNESDAY & FRIDAY**

**12:00-1:00 PM**

@ Harbor United Methodist Church,; \$2 sponsored by South Shore Elder Services.

**Meals on Wheels** program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

**THURSDAY, 12 NOON @ Congregational Church,** This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations needed.



**Monthly Community Dinner**

**4th SUNDAY, 5PM @ St. Luke's Episcopal Church,**

This is a free, community dinner for all ages sponsored by various community groups. No Reservations needed.

**Van transportation is available to clients by calling the Senior Center 48 hours ahead for meals or food pantry.**

### **TUESDAYS @ HOUSING AUTHORITY ~**

**Jenny Gerbis, Outreach Coordinator** at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Stop by to say "hello" and see what information is available to you, or just have a chat.

#### **March**

3/7 10:30 AM at Lincoln

3/14 10:30 AM at Central

3/21 10:30 AM at Wheeler I, 11:00 AM at Wheeler II

#### **April**

4/4 10:30 AM at Lincoln

4/11 10:30 AM at Central

4/18 10:30 AM at Wheeler I, 11:00 AM at Wheeler II

### **SHINE**

#### **Serving the Health Information Needs of Everyone**

Call for an appointment with Norman Tetreault, volunteer at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Appts. available on these dates: 3/2, 3/7, 3/16, 3/23, 3/30, 4/6, 4/11, 4/20, 4/27.

### **Winter blues still hanging around?**

Depression, anxiety, and other mental health conditions can occur at any age. The World Health Organization estimates that approximately 15% of adults aged 60 and over suffer from a mental health condition. Symptoms of a mental health condition can affect every aspect of your life, including your energy, appetite, sleep, and interest in work, hobbies, and relationships. A condition, such as depression, is not a normal part of aging and is treatable with the appropriate support and clinical counseling.

Did you know that the Scituate community has contracted with a confidential service to help individuals of all ages become connected with mental health resources? The **INTERFACE Helpline** is a free mental health referral service created by William James College. By calling this helpline, you can start the process of finding a professional to help. **The service is open Monday-Friday 9:00 am-5:00 pm. The phone number is 1-888-244-6843.**

**If you believe you are experiencing symptoms of a mental health condition, help is available.**

When you call the **INTERFACE Helpline** – a free and confidential service to match Scituate residents with professional counselors—you will be asked to complete a confidential intake. This should take about 20 minutes. Have your health insurance information on hand. After the intake call is completed, you will be assigned a case number and should hear from an INTERFACE employee within a few days with an update. Once a match has been identified, an INTERFACE employee will call you with information about the provider, including contact information so that you can make an appointment. An INTERFACE employee will follow up with you to make sure the match is a good one. **For more info. about the referral service, please visit this website:** <https://interface.williamjames.edu>

### **TAX ASSISTANCE**

The following towns can help seniors with taxes. Please call for an appt. You must bring all documents, as well as a picture ID to your appt.

Hingham 781-741-1458

Marshfield 781-834-5581

Weymouth 781-682-6140

Duxbury 781-934-5774

### **FUEL ASSISTANCE**

The State/Federal Fuel Assistance Program will run until April 30, 2017. Call Jenny at 781-545-8722 to find out if you qualify.

### **ENERGY ASSISTANCE**

If you are not eligible for state of federal energy assistance, but are experiencing temporary financial difficulty, the Mass Good Neighbor Energy Fund is available to qualifying Mass. residents. Call 781-545-8722.



## Age Well at the Senior Center—fun & learning!

### "FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; closed caption & popcorn!  
65" FLAT SCREEN TV & SURROUND SOUND

March 10 Sully, PG-13, 2016

March 24 Theory of Everything, PG-13, 2014

April 14 Finding Dory, PG, 2016

Bring a kid friend, Bring your grandchild!

No School in Scituate today!!!

April 28 LION, PG-13, 2016



### 'SIP & SWIPE'

Thursday, March 16th, 9-11AM

#### Working with photos for the iPad with Katy Mayo

This 2 hour session will teach you everything about photos on the iPad. Learn to use the features of the camera. Edit and enhance photos, including cropping, adjust brightness and color and other enhancements. Learn to manage photos and create albums to organize photos. Cost: \$20. Advance sign up required.

### TECH TIME

Wed. 3:00-4:00pm

with SHS students

March 8 & April 12

**Sign up** to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club at Scituate High School is a service-oriented club at the high school for students in grades 9-12. They are very good and enjoy helping us adapt to our new technology!

### PAINTING CLASSES

Monday 12:30-3:30pm

Thursday 4:00-7:00pm

#### Ongoing @ Senior Center

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722; \$10 class*

No class held on the 2nd Thursday of the month.



### WRITING MEMOIRS

Thurs 10:00—11:30 AM

April 6—May 11

*We have all had significant experiences in our lives that we often wish we had recorded, either to share with our children and grandchildren, or to examine how these experiences have shaped our lives.*

In this SIX week workshop, Paula Delaney will facilitate participants and provide specific prompts and guides that will trigger memories of childhood, family events and major life experiences. Writing products from these meetings can remain private or can be shared with the group. **No previous writing experience is required to participate in this workshop, as the focus is not on the quality of writing, but on recording life events in a non-judgmental atmosphere.**

Participants should bring a pen and notebook but also have the option of using an iPad or laptop. No fee.

### EXPRESSIVE WRITING

Thurs 11:30—12:30pm

April 6—June 1

Our facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! We just care about what you have to say! Why not try this activity to encourage *expression*! Sharing, storytelling, and connection in a casual and welcoming environment. Great activity for cultivating mindfulness, gratitude and joy! No fee.

### COA Book Club

New members always welcome!



4th MONDAY

**MARCH:** The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics

by Daniel James Brown

Meeting: **March 27 @ 10:30am**

**APRIL:** In the Fall by Jeffrey Lent

Meeting: **April 24 @ 10:30am**

### Volunteer Corner

Would you like to get involved in your community - make a difference in the lives of local seniors? Improve your health and happiness by sharing a few hours/week or month to support the Scituate Senior Center.



#### **We have immediate needs for the following positions:**

**Receptionist / Front Desk Ambassador**— Help out by welcoming new seniors, answering phones, greeting visitors, answering questions about programs and setting up for activities. Commitment: 3-4 hours/week, OR 6-8 hours/month

**Drivers/Chaperones**— Drivers needed to escort some of our seniors to and from doctor appointments. If you can help us, please call 545-8722 and speak with Lisa or Jean.

**Friendly Visitor for our newly re-instated F.V. Program**— Enrich your life by helping others, meet interesting people, become part of the FVP team, provide companionship and enrich the life of the senior you visit once a week. Initial training and follow-up training will be provided. Commitment: 1 hour/week.



**Dinner & Game Night with SHS Interact Club: Get Your Game On! Monday, March 27 at 4:30-6:30PM**

Enjoy some stimulating new or familiar games and good old-fashioned FUN with our charming high school students along with a casual pasta dinner at the Senior Center to welcome spring! Van transportation available. Please call to sign up. 781-545-8722, x 10

**BRAIN GAMES @ Senior Center**

**Scrabble—TUESDAYS @ 1:00-2:30PM** at the Senior Center, Scrabble will meet **EVERY** week. **Have some fun, meet someone new and challenge the mind!** This new group needs some new faces. Volunteer led instruction. Games provided.

**Mah Jong—TUESDAYS @ 10:30-12:30** at the Senior Center. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

**Bridge Play—On 1st & 3rd FRIDAYS @ 11:30AM.** We would love to have multiple bridge groups—Please call to sign up and we will help to complete the groups.

**EXERCISE & WELLNESS CLASSES**

**DAYTIME WEEKLY CLASSES**

**Gentle Floor Yoga - MONDAY @ 9:00-10:00AM** at St. Luke's (Anne);

WED & FRI @ 7:30-8:30AM at St. Luke's (Elizabeth); \$10/class for 4 weeks or \$12

**Chair Yoga - MONDAY @ 10:15-11:00AM** at St. Luke's (Anne); and THURSDAY @ 10:30-11:15AM at St. Luke's (Elizabeth); \$5.

**Joint Efforts Gentle Exercise - MONDAY & FRIDAY @ 9:30AM;** \$2 donation; at Senior Center with Norwell VNA instructor.

**Balance for Life - MONDAY @ 11:30AM; THURSDAY @ 11:15AM** at St. Luke's (Sue). Stretch, strengthen & tone with Sue! Lots of fun! Donation of \$2. Partial grant.

**Tai Chi for Healthy Aging and Balance - TUESDAY @ 1:30PM** at St. Mary's Parish Hall. This is a 24-week program with start dates on an 8-week cycle. Please call the Senior Center for information on this program. **Week 1 of 8 weeks** will be Mar. 14.

**Cardio with Chris TUESDAY** at Senior Center @ 9:00-10:00AM; **THURSDAY** at St. Luke's @ 1:00-2:00PM; \$4.

**ZUMBA GOLD 'Dance' Exercise class—WEDNESDAY @ 1:15PM** @ St. Luke's for MARCH. **Beginning April 5th**, NEW TIME begins—**WEDNESDAY's @ 9:15—10:00AM** (Pasqualina). Dance exercise fun!

**EVERY OTHER WEEK CLASSES**

**Laughter Yoga—1st and 3rd Fridays @ 11:30AM** at St. Luke's (Jill). Healthy & fun class where we laugh together without jokes or props incorporating breathing techniques with 'healthy' laughter. Laugh your way to good health! **FREE**

**Meditation — Alternating Wednesdays @ 4:30-5:30PM** at the Senior Center. \$7

The **Guided Meditation** classes will be held on March 1, 15, 29 & April 12, 26.

*Please call to register. Drop in class fee \$7 class.*

**NEW!**

**Trail Walking Group: Meeting will be held April 12th @ 9:30am**

**at the Senior Center to discuss walk locations and schedule for May and June.**

If interested in adventure walks please come to the meeting to discuss ideas, dates and times for this walking group. If you cannot come to the meeting, please call for details. Suggestions include hike the spit from third cliff, walk the rail-bed to Damon's Point, hike Nelson's Forest to North River, walk Norris Reservation, hike Bates Lane.

Experienced Trail Walker to lead this group for every walk. Come with ideas, dates and times.



**KEEP  
CALM  
AND  
SET NEW  
GOALS**

**SPORT Games**

**Bowling League**

**TUESDAYS**

**9:30-11:30 AM**

**At Satuit Bowlaway on  
Cole Parkway**

Join for \$5 which includes  
End of Season Banquet;  
\$10/week for lanes &  
shoes. **Stay active and  
social !**

Kip Ahearn (545-3855) or  
Doug @ Bowlaway for  
more information.

**Pickle-Ball**

**MONDAYS and  
WEDNESDAYS**

**4:15-6:00 PM**

At Jenkins School. Doubles format; Four courts, rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available. No charge. *This is a volunteer-led Senior Center program.*

**Badminton**

**WEDNESDAYS**

**6:00-8:00 PM**

At Jenkins School. Our popular drop-in Badminton program will continue. **All are welcome!**

CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066

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ment in this newsletter can contact Advertising with LPI at: 800-477-4574 x6377

**SHARE YOUR EMAIL ADDRESS WITH  
THE COA!** In March & April your  
email address will be entered into  
a drawing to win a gift card to a  
local merchant. Call 545-8722.

### WE ARE ON-LINE TOO!

You can read this newsletter on-line BE-  
FORE it comes in the mail. Go to:

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)

*Find: Scituate Council on Aging.*

You can sign up with your e-mail and  
receive notice when it is published (well  
before mailing!).

Follow us on Twitter: @ScituateCOA

“Like us’ on Facebook: Search  
**Scituate Council on Aging** AND  
**TownofScituate**  
*and Share to your friends!*

Meetings for the **Council on Aging Board** are scheduled for the  
2nd Thursday of the month at the Senior Center. These are pub-  
lic meetings & are also videotaped to be played on Scituate Ca-  
ble TV. The next meetings are: March 9 & April 13 at 5:30 pm.



Consider joining the Friends of Scituate Seniors to lend  
your support to fundraising efforts for a new Senior  
Center. \$5/annual membership

Saturday, April 1 @ 5:00pm  
**Friends of Scituate Seniors hosting Spaghetti Dinner**  
Entertainment by Al Fricker & Raffle; Cost \$8  
Congregational Church, 381 Country Way



The Friends’ volunteer, 501(c)(3) non-profit organization is es-  
tablished to **raise funds for a new Scituate Senior Center** and  
to **assist the Scituate Council on Aging with financial support**  
for programs, material needs and events.

The events they sponsor champion the work of the Senior Center  
and together with the COA help to create new supporters in the  
community. Please send your name, address, phone and email  
address to FOSS at P.O. Box 75 Scituate, MA 02060.